

## **NBRC Gym Schedule**

## **April**

	Monday		Tuesday	Wednesday	Thursday		Fri	day	Saturday	Sunday
6:00am	•				•					
6:30am	Open Gym			Open Gym	<b>Open Gym</b> 6:00-1:00		<b>Open Gym</b> 6:00-7:30			
7:00am	6:00-7:30			6:00-7:30					<b>Open Gym</b> 6:30-8:00	
7:30am	Drop-in Fit For			Drop-in Fit For			Drop-in Fit For			Open Gym
8:00am	<b>Life</b> 7:30-8:30			<b>Life</b> 7:30-8:30			-	30-8:30	Bootcamp	7:30-8:30
8:30am									8:00-9:00	
9:00am	Open Gym		Open Gym	Open Gym			Open Gym			
9:30am	8:30-10:30		6:00-1:00	8:30-10:30		Rental 9:00- 12:00	8:30-10:30		<b>Open Gym</b> 9:00-11:00	Drop-in CoEd Volleyball 8:30-12:30
10:00am										
10:30am	Drop-in Fit For Life 10:30-11:30			Drop-in Fit For Life 10:30-11:30			Drop-in Fit For Life 10:30-11:30			
11:00am										
11:30am				Drop-in Adult					Intercambio	
12:00pm	Drop-in Adult Basketball				Drop-in Senior		Drop-in Adult Basketball 11:30-1:30		Fitness Day	
12:30pm	11:30-1:30			<b>Basketball</b> 11:30-1:30				11:00-2:00 <b>4/26 only</b>		
1:00pm			Drop-in Senior							
1:30pm			Basketball	Open Gym	Baske	etball	Open	Gym		
2:00pm			1:00-2:30	1:30-2:30	1:00-	2:30	1:30-	-2:30		
2:30pm	Drop-	Rental 1:30-								
3:00pm	in All	4:30	Onon Cum	Drop-in All			Drop-	in All		
3:30pm	Ages		Open Gym 2:30-5:00	Ages			Ag	ges		Open Gym
4:00pm	Bball		2.30 3.00	Basketball				etball	Open Gym	12:30-8:00
4:30pm	2:30- 5:30			2:30-5:30	Open Gym 2:30-9:30 ww 6:00-		2:30-5:30		2:00-7:00	12.55 6.66
5:00pm			YSI							
5:30pm	<b>Hard Core</b> 5:30-6:30		5:00-6:30 ww 6:00- 7:00	<b>Open Gym</b> 5:30-7:00			<b>TCA</b> 5:30-	Open Gym		
6:00pm										
6:30pm					7:00		7:30	5:30- 7:30		
7:00pm				Drop in Adult				7:30		
7:30pm	Open Gym		Open Gym	Drop-in Adult Basketball						
8:00pm	6:30-9:30		6:30-9:30	7:00-9:00						
8:30pm										
9:00pm				Open Gym						
9:30pm										